

25th January 2021

Dear Friend of WWSET,

May I start by wishing you a belated happy new year and thanking you once again for your support of WWSET during the 2020-21 season via your participation in the Friends of WWSET initiative.

I'm getting in touch today to give you an update on how your generous support has been of huge value to both me and the full staff team, but more importantly the people we exist to support in and around High Wycombe.

As you'll no doubt appreciate the ongoing COVID-19 pandemic has affected every single person throughout High Wycombe and beyond. Unfortunately, it has been disproportionately challenging for many of the people we supported prior to the pandemic and who we continue to support, and those that we have been supporting throughout the pandemic due to their increased needs.

Personally, I'm hopeful that the ever increasing number of people being offered a vaccine will mean that difficulties may soon ease for many. However, I'm also of the opinion that the current pressures and challenges being faced by our community will be extremely long lasting, and that increased charitable and community support will be required for many years to come.

I want to now provide you a brief overview of what WWSET have been doing across our primary areas of activity since the beginning of the season, much of which has been possible due in part to the generous support you have provided.

Obviously I'm not able to list everything you've helped us achieve in a single letter but hopefully what's below gives you some insight into the impact you're enabling....

Health

WWSET's health team are currently providing 1-to-1 support to 33 local people via our **'DoorSteppers'** project. Each day we are making home visits (*albeit only going as far as the doorstep and remaining socially distanced*) to those people who have either self-identified as needing additional support with both practical or personal tasks, or been referred to us by others. So far we have provided over 204 hours of support and assisted with things like food shopping, picking up prescriptions, supporting people to get out of the house, encouraging people to exercise and most importantly being a supportive friend to have a chat with and providing coping strategies during these difficult times.

The WWSET health team have also continued to deliver our **'Keep Moving Forward'** project which provides activities to support the mental health of local adults throughout the lockdown periods.

Pre-coronavirus the **'Keep Moving Forward'** activities included a **'Wellbeing Walk'** each week, a weekly community gardening/allotment session known as **'GROW'**, a weekly **'Wellbeing Yoga'** session and a weekly **'Indian Clubs'** physical activity session. Our staff have continued to deliver the **'Indian Clubs'** and **'Wellbeing Yoga'** sessions online and have also re-packaged the **'Wellbeing Walks'** to being individual walks rather



than group ones due to restrictions. We've also supplemented the offering by making weekly phone calls to those participants who are most in need. Through this project we regularly support 39 people in the community each week.

Our ever-popular **'Football Fans In Training'** project has also continued to run during lockdown periods but once again the 12-week long healthy lifestyles and exercise programme has been forced to be delivered online. However, results have still been positive with a total of 3 courses completed since last summer, with 43 people participating. In total the participants have lost an incredible total of 179.8cms off their waists and 149.7kgs in weight!

Our team have also continued to deliver our weekly **'FFIT Xtra'** group exercise classes – which are offered for the benefit of current and past participants of our **'Football Fans In Training'** courses – via Zoom each week.

Education

WWSET's primary education delivery over recent years has been the **'Future Goals'** project which seeks to work with targeted local youngsters who are disengaged with education and offer them both group and 1-to-1 mentoring support to re-engage them. Many of these young people, who attend both primary and secondary schools, have numerous personal issues that contribute to their disengagement and the WWSET Education team have worked extremely hard during the lockdown period to continue delivering online group and 1-to-1 sessions for them at a time when they are potentially even more vulnerable than usual.



Another of WWSET's education projects – **'Premier League Primary Stars'** – which usually involves working with schools over a ten week period delivering PE as well as numeracy, literacy and PSHE sessions, also had to change. However, I'm pleased to report that the staff quickly adapted to running a **'PLPS Lite'** replacement project which consisted of a one hour supported PE lesson and a one hour PSHE lesson on the topic of either *Everyone's Game (BLM)* or *Fair Play*. From November 16th to December 11th 2020 we delivered 62 hours of **'PLPS Lite'** sessions (*made up of 31 PE lessons, 30 PSHE lessons and one Maths lesson*) to 31 classes in five different schools.

In total the **'PLPS Lite'** sessions engaged 857 individual pupils (*450 boys and 408 girls*) who gave the following feedback:

- 98% rated their PE lesson 10/10
- 95% rated their PSHE lesson 10/10
- 98% said they knew more about the Black Lives Matter movement or Fair Play as a result of their PSHE lesson

The below are a few quotes from staff and pupils following delivery:

- *"It's not about winning and losing, it's about how fairly you play the game."* Year 3 pupil
- *"I like how they put sport and diversity together and we were taught how we can all be different in sport."* Year 6 pupil

- “We have been learning about BLM in class and it was good to have pupils understanding developed further - it was well organised and delivered.” Year 5 Teacher
- “It was great how it engaged the whole class, especially how the boys were talking about their feelings.” Year 3 Teacher

Sports Participation



Unfortunately the pandemic and lockdown have most definitely hit Sports Participation the hardest out of all four of our primary areas of activity...

With the majority of activity within this area taking place either in schools or on hired 3G pitches WWSET have been able to deliver only two weeks of activity since the start of November 2020.

Having said that, the Sports Participation team did make the most of the delivery opportunities available during the months of September and October 2020 when previous restrictions were temporarily eased. During the two month period we delivered sessions that facilitated a total of 3894 participation hours across the activity areas listed below and whilst we're proud of this achievement it should be noted that in usual circumstances we'd expect to deliver to circa double this number.

Session	Delivery Time	Participation Hours
Monday EDA – Dev Squads (U7-U13)	Sep-Oct	282
Tuesday EDA – Elite Squads (U8-U13)	Sep-Oct	342
Wednesday EDA – Elite/Dev Squads (U14-U16)	Sep-Oct	388
Wednesday GDA – Girls Squads (U11-U15)	Sep-Oct	344
Thursday EDA – Dev Squads (U8-U13)	Sep-Oct	280
Friday EDA – Elite (U8-U13)	Sep-Oct	373
Indoor Futsal – EDA – (U8-U13)	Sep-Oct	92
October Half Term Fixtures – Elite/Dev Squads (U8-U16)	Sep-Oct	274
In School Coaching Sessions	Sep-Oct	658
After School Club Sessions	Sep-Oct	423
Saturday Morning Club	Sep-Oct	226
October Holiday Courses	Sep-Oct	212
TOTAL	Sep-Oct	3894

Social Inclusion

WWSET's social inclusion based sessions have been continuing where possible during lockdown – both in person and online depending on the restrictions in place and the demographics of the participants each project seeks to engage.

I'm pleased to report that our '**Premier League Kicks**' project, which traditionally involves weekly fitness sessions for girls aged 8-18 as well as Friday & Saturday evening football sessions for both males and females, is still engaging young people in online activity (*fitness sessions, FIFA console tournaments and general get-togethers*) two evenings per week.



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WWSET were also able to run a Christmas holiday food provision and toy donation project under the '**Premier League Kicks**' banner during December despite the lockdown in place at the time.

Unfortunately our planned '**Changing Rooms**' employability project that seeks to engage and upskill those furthest from the labour market has had to be put on hold due to the inability to deliver face to face at present. The same is true of our '**In Safe Hands**' project which aims to provide knowledge and practical peer-to-peer support to parents who have children at risk of exploitation. However, we're ready and excited to begin delivery of these projects as soon as we're able, and are sure that they are needed now more than ever!

The Future

It's clearly evident that social issues have significantly increased during the Coronavirus pandemic, meaning there is even more need than ever for charities such as WWSET in High Wycombe.

Fortunately, one of the positives to come off the back of the pandemic which has been hugely uplifting to witness is the fact that people and organisations have gone to great lengths to adapt and grow what they offer, and that communities everywhere have consolidated and collaborated in order to satisfy the particular needs relevant to them.

Amongst other things, the immediate plans for our future will predominantly be focused on engaging and supporting the socially isolated as well as trying to ease the issue of food insecurity. Furthermore, we are more aware than ever of the need to be agile and flexible due to the landscape shifting on what seems like an almost daily basis, and shall endeavour to react effectively to whatever our local community tells us it needs.

With an eye slightly further down the line, we're excited to announce that we'll soon be recruiting for a full time fundraiser (...*which will no doubt mean you won't have to wait so long for another WWSET update!*) and we are also beginning to plan for our new 3-year strategy which will be published in August 2021.

Finally, it's safe to say that the 2020-21 Championship season is not happening in the way that we hoped when the concept of Friends of WWSET was launched and as a consequence we have regrettably been unable to invite Friends to Wycombe Wanderers FC matches as specified in the original offer, and promotion via football programme publications has also been severely restricted.

I sincerely hope all of you will understand the restrictions under which both the Club and WWSET have been operating, and this newsletter serves to outline just how important your contributions have been to enabling us to continue operating in the way we have.

Thank you once again for your continued support and on behalf of the trustees and the rest of the WWSET team, I wish you good health and happiness for the future, and look forward to welcoming you to Adams Park to watch a fixture as soon as it's deemed safe to do so.

In the meantime, should any of you wish to speak to me directly please don't hesitate to get in touch.

Best wishes



Paul Foley | Head of Wycombe Wanderers Sports & Education Trust

P.S. The logos of all the Friends of WWSET organisations have been included in tonight's WWFC V's Tottenham Hotspur match-day programme along with a hyperlink to your websites – I'll make sure a copy of the programme is sent to you all.



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